

September 2015

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# Hot Watts

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Your Touchstone Energy® Cooperative 



Energy Efficiency

### Tip of the Month

Looking for an easy efficiency upgrade? Additional insulation can make a difference! The Department of Energy estimates you can reduce heating and cooling needs up to 30 percent by properly insulating and weatherizing your home.

Source: energy.gov

### Congratulations!

**John Diehl**

is our online survey winner.

**HAPPY LABOR DAY**

### Offices Closed

CHEC will be closed September 7th in observance of Labor Day.

Donna Rhodes

## Annual Meeting Around the Corner

Please mark your calendars for the Cookson Hills Electric Cooperative's 67<sup>th</sup> Annual Meeting. The meeting is scheduled for Saturday, October 3, 2015, at the Sallisaw High School Gymnasium. Registration will open at 10:00 a.m. with the business meeting starting at 11:00 a.m.

Annual meetings are designed to be enjoyable, informative, and entertaining for the members. The Ritter's Family Band will return this year and will provide entertainment prior to the business meeting. Each Cookson Hills Electric (CHEC) member who registers at the meeting will receive a

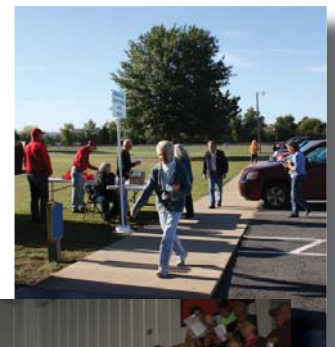
gift bag and a \$20 credit per membership. As a member, you can help make the process easier by bringing your annual meeting notice that you receive in the mail to the registration table at the meeting. Additional prizes include cash and gifts made available by our material suppliers and contractors. Your name must be on the membership account and you must be present to vote and claim prizes. Also, you must have your photo ID to claim prizes.

Please join the employees and the board of CHEC for the 67<sup>th</sup> Annual Meeting. We hope to see you there!

Registered members will receive a \$20 Electric credit.



General Manager Kendall Beck



Photos from the 2014 Annual Meeting

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### BOARD OF TRUSTEES

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Kenneth Kelley, <i>Sec.-Treas.</i>	District 5
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If You Find Your Account Number  
Hidden in This Issue of the *Hot Watts*,  
You'll Receive a \$25 Credit on  
Your Electric Bill

# Look Up for Hazards During Harvest

After working in a field on a neighbor's farm, Jim Flach parked his equipment and stepped out of the vehicle. Sadly, Jim did not realize his equipment was touching an overhead power line, and he became a path for the electrical current as he placed his foot onto the ground. Jim received a severe electric shock that ultimately resulted in his death a few months later. Safe Electricity urges farmers to take the proper precautions when working around power lines.

"The rush to harvest can lead to farmers working long days with little sleep," cautions Kyla Kruse, Communications Director of the Energy Education Council and its Safe Electricity program. "It is important to take time for safety. Before starting work, make sure to note the location of overhead power lines."

To stay safe around overhead power lines, Safe Electricity urges farm operators and workers to:

- Use a spotter when operating large machinery near power lines.
- Use care when raising augers or the bed of grain trucks around power lines.
- Keep equipment at least 10 feet from power lines — at all times, in all directions.
- Inspect the height of farm equipment to determine clearance.
- Always remember to lower extensions when moving loads.
- Never attempt to move a power line out of the way or raise it for clearance.
- If a power line is sagging or low, call CHEC.

If contact is made with a power line, stay on the equipment. Make sure to warn others to stay away, and call 911. Do not leave until the utility crew says it is safe to do so. The only reason to exit is if the equipment is on fire. If this is the case, jump off the equipment with your feet together, without touching the ground and vehicle at the same time. Then, still keeping your feet together, hop to safety as you leave the area.

Some additional safety tips from Safe Electricity include:

- Do not use metal poles when breaking up bridged grain inside and around grain bins.
- Always hire qualified electricians for any electrical issues.
- Do not use equipment with frayed cables.

"You need to double check, even triple check, to see what is above you," says Marilyn Flach, Jim's widow. His son Brett adds, "Be conscious of your surroundings. You need to keep your eyes open and beware of overhead lines."

For more electrical safety information, visit [SafeElectricity.org](http://SafeElectricity.org).



# Students Attend YouthPower Energy Camp

Three area eighth graders ended their summer improving their leadership skills, making new friends, and having lots of fun. The students attended “YouthPower” Energy Camp August 4<sup>th</sup> through 7<sup>th</sup> at Canyon Camp just south of Hinton, Oklahoma.

Those students are Britton Speir of Central Public Schools, daughter of John and Misty Speir; Macie Hare of Stigler Middle School, daughter of Allen and Amanda Hare; and Emilee Crawford of Central Public Schools, daughter of Roger and Kim Crawford.

CHEC, along with OAEC, sponsor eighth grade students for Energy Camp each year. Oklahoma’s rural electric cooperatives have been sending kids to 3086301 the camp for nearly 26 years. Energy Camp was founded on three principles: cooperation, teamwork, and development of leadership skills.

The students experienced first-hand the exciting world of rural electricity. They learned about “life before electricity”, watched electrical safety demonstrations,

climbed poles, and rode in a bucket truck. Students also formed their own “Coke and Candy Co-op,” and set up and ran their own cooperative business which included electing a board of directors and a general manager.

Students enjoyed volleyball, swimming, hiking, and many other games while at Canyon Camp. Each student completed the Canyon Camp ropes course. Students realized the value of trust and dependability of others by participating in these events.

Since inception in 1989, more than 1,200 students across Oklahoma have experienced the camp. Many have gone on to participate in the Youth Tour program. Energy Campers walk away from camp with sharper leadership skills and new-found friends from every corner of the state.

For more information about “YouthPower” Energy Camp, visit our website at [www.cooksonhills.com](http://www.cooksonhills.com) or contact Donna Rhodes, Youth Tour/Energy Camp Coordinator, at 800-328-2368.



Left to Right: Britton Speir, Emilee Crawford, and Macie Hare



Britton Speir



Emilee Crawford



Macie Hare

Photos taken by Donna Rhodes

# CHEC Supports Local Schools

CHEC believes strongly in education and in supporting the local school districts within our service territory. One of the ways we contribute financially is through our payment of gross receipts taxes.

CHEC pays a gross receipts tax equal to 2% of the total gross revenue to the Oklahoma Tax Commission. Ninety-five percent of the tax paid is distributed by the tax commission to area schools. Each school receives an amount determined by the miles of electric line within its district. The chart, to the right of this page, provides a breakdown of the distributions of the 2014-2015 taxes paid by CHEC per school district.

For the 2014-2015 fiscal year, CHEC paid \$587,620.48 on 2,889 miles of line to 23 school districts in its seven-county territory.

## Tax Allocation to Local Schools

School District	Taxes Paid
Belfonte	\$11,436.82
Bokoshe	\$150.63
Brushy	\$13,424.19
Central	\$25,648.43
Gans	\$23,998.97
Gore	\$47,558.39
Keota	\$45,738.20
Kinta	\$34,396.64
Liberty	\$8,874.99
Marble City	\$12,637.82
McCurtain	\$24,067.55
Moffett	\$477.58
Muldrow	\$44,580.49
Porum	\$27,953.59
Quinton	\$12,349.58
Roland	\$16,144.62
Sallisaw	\$58,640.86
Stigler	\$80,682.32
Vian	\$58,554.07
Warner	\$12,330.39
Webbers Falls	\$17,278.16
Whitefield	\$10,469.20
Wilburton	\$226.99

Total \$587,620.48



Danna Ritchies

## Watt's Cooking?



### Tropical Berry Energy Bites

#### Ingredients:

- 2/3 cup coconut butter, melted
- 1 large banana (I used a nearly-ripe banana but a well-ripened one would increase the sweetness and the banana flavor)
- 1/3 cup fresh, chopped strawberries (cherries or mango would be also be yummy)
- 2 scoops of unsweetened plain or vanilla protein powder (could probably omit if needed)
- pinch of sea salt
- pinch of pure stevia powder OR 2 Tbsp honey or agave (optional for sweeter fudge)
- 1/4 tsp coconut extract and/or 1/2 tsp pure vanilla extract

#### Directions:

In the bowl of a food processor, add the banana and strawberries and blend until combined. Add remaining ingredients and pulse or blend until well combined. Divide mixture into a mini muffin silicone mold/pan (or you could use a parchment lined loaf pan) and freeze until hardened. Pop out the individual bites and enjoy! Makes about one dozen mini muffin-size bites.

Submitted by  
Magen Davis



If you have a recipe you would like to share, please email it to [fwilliams@cooksonhills.com](mailto:fwilliams@cooksonhills.com). You may also drop it off or mail it to one of our offices.